



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

Turnip/Rutabaga

In season:



**Spring, Fall
and Winter**

Dakota: *ti-psin-na*

Lakota: *thínpsinla skáska*

Preschool Lesson Plan

Objectives

Participants will:

- identify turnips and rutabagas as a vegetable and the part of the plant that they come from.
- increase knowledge in harvesting, cleaning and use of turnips and rutabagas.
- demonstrate use of turnips and rutabagas in a recipe.

Items Needed for the Lesson

- MyPlate poster
- Parts of a Plant visual
- Turnip/Rutabaga visuals
- Actual Turnip/Rutabaga if possible

Handouts or Take Home Items

- Pick It! Try It! Like It! Preserve It! fact sheet
- Coloring Sheet

Recipe

- Honey Glazed Turnips

Cooking and Food Safety Skills

- Handwashing
- Knife Safety and Cutting Boards
- Washing Fruits and Vegetables
- Stove Top Safety

Other Cooking and Food Safety Skills

- Coating vegetables with oil and seasonings
- Checking roasted vegetables for tenderness
- Cooking terms – boil and simmer

Supplies for Turnip/Rutabaga Lesson

- Honey Glazed Turnips
 - » Vegetable peeler
 - » Knife
 - » Cutting board
 - » Measuring spoons
 - » Liquid measuring cup
 - » Saucepan with lid
 - » Spoon

Dakota perspective: Wild Prairie Turnips

- Dakota Name: ti-psin-na. They were collected from the earth when the cottonwood tree lets go of her seeds. When dried correctly these will last hundreds of years. When collected always put plant back into the earth, it will stay alive until the seeds are ready to drop ensuring next year's harvest.

What You Say:	What You Do:
<p>Every class we're going to learn about a different fruit or vegetable. I'm going to give you some clues and I want you to try to think of what it is. After each clue, raise your hand if you think you know what it is.</p> <ul style="list-style-type: none"> • These were part of the very first Thanksgiving meal. • They were first planted in Virginia in the 1600s. • The large ones were used as the first Jack-o-Lanterns for Halloween. <p>(Answer: Turnips.)</p>	<ul style="list-style-type: none"> • Name off each clue, allow a few guesses before moving on to the next clue. • After someone guesses the answer, or you tell them, show them visuals of turnips.
<p>Half of our plate should be fruits and vegetables. Preschool-aged children should be eating 1 cup of fruit each day.</p> <p>Kindergarteners should be eating 1 ½ cups of fruit a day.</p>	<ul style="list-style-type: none"> • Point to the MyPlate poster.
<p>Did you know that different vegetables come from different parts of the plant? They can be a root, stem, leaf, fruit, flower or seed.</p> <p>What part of the plant do you think a turnip is?</p> <p>(Answer: The root.)</p> <p>Do you know why plants need roots?</p> <p>(Answer: The roots grow in the ground. Roots hold the plant in place. Roots take in water which helps the plant to grow.)</p>	<ul style="list-style-type: none"> • Show Parts of the Plant visual. • Point to the fruit. • Call on someone who would like to answer.
<p>Turnips are members of the cabbage family.</p> <p>The tops are called turnip greens and are a green leafy vegetable. There are some turnips that you only eat the green tops.</p>	<ul style="list-style-type: none"> • Show a visual or actual turnip with the greens attached to show the root vegetable and the leafy greens.
<p>When buying turnips at the grocery store or farmers market, look for bulbs that are small and heavy. You don't want ones with soft spots or cracks. The turnips should also have crisp, green tops and a sweet smell. Turnips are usually white with a little purple on the top.</p>	
<p>Where should turnips be stored?</p> <p>(Answer: In the refrigerator.)</p> <p>Store turnips in the refrigerator. They can be stored in a loosely tied plastic bag or in the crisper drawer or the refrigerator. Take the green tops off before storing.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.

What You Say:	What You Do:
<p>What do we need to do to turnips before we use them? (Answer: Wash them.)</p> <p>Scrub turnips with a vegetable brush and rinse with lots of cool running water. Do this even if you are going to peel them.</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review Washing Fruits and Vegetables skill sheet. • Show a vegetable brush.
<p>Small, young turnips don't have to be peeled. Larger, older turnips should be peeled. They then can be chopped and sliced.</p>	
<p>How can we eat turnips? (Answers: Roasted, mashed, boiled, steamed, sautéed, microwaved, in soups, casseroles, etc.)</p> <p>Young turnips can be eaten raw! Thinly slice them and serve with a dip or use in salads.</p>	<ul style="list-style-type: none"> • Allow discussion of how participants have eaten turnips. • If possible, give samples of raw turnip slices.
<p>Turnips can be seasoned with lots of different herbs and spices that complement their flavor. Rosemary, thyme, basil, cinnamon, chili powder and ginger are some great choices!</p>	<ul style="list-style-type: none"> • Show some containers of herbs and spices that complement turnips.
<p>Turnips can be cooked just like potatoes. To make mashed turnips, steam or boil the turnips until they are tender. Drain the water off and mash with margarine until smooth. Add some milk, salt and pepper, and honey or brown sugar if you would like.</p>	<ul style="list-style-type: none"> • Discuss how to mash turnips.
<p>Why would we want to eat turnips? (Answers: Turnips are a good source of potassium, vitamin C and folate.)</p> <p>Vitamin C helps our cuts and bruises to heal and helps keep our gums healthy.</p>	<ul style="list-style-type: none"> • Refer to Turnip Nutrition Information sheet.

What You Say:	What You Do:
<p>Rutabagas are also a member of the cabbage family. They are a cross between a turnip and a cabbage.</p> <p>Rutabagas are very similar to turnips, but they have a sweeter taste.</p> <p>Rutabagas are harvested when they are the size of a softball, so they are used when they are larger than turnips. Remember, turnips are most tender when they are smaller.</p> <p>Rutabagas have a yellowish orange flesh and have ridges at the top or neck.</p> <p>Rutabagas can be baked, boiled, roasted or steamed. They can be mashed for use as a side dish, used in stir fries, pureed, added to soups and stews or even eaten raw in salads. Rutabagas can be used just like turnips.</p> <p>Why would we want to eat rutabagas? (Answer: Rutabagas are an excellent source of vitamin C and potassium. They are also a good source of fiber.)</p> <p>Vitamin C helps keep our gums healthy and heal our cuts and bruises. Fiber keeps our tummies happy.</p>	<ul style="list-style-type: none"> • If possible, give samples of raw rutabaga slices to compare the flavor. • Show a softball to compare the size to a rutabaga. • Show a visual of a rutabaga or an actual rutabaga, pointing out the color and ridges.
<p>Are you ready to use these root vegetables in a recipe?</p> <p>What is the first thing we need to do before we prepare food? (Answer: Wash our hands.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer. • Review Handwashing skill sheet.

Use this page if you are going to prepare Honey Glazed Turnips

Equipment List

- Vegetable peeler
- Knife
- Cutting board
- Measuring spoons
- Liquid measuring cup
- Saucepan with lid
- Spoon

What You Say:	What You Do:
<p>Today we are going to be making Honey Glazed Turnips.</p> <p>Let's read through the recipe together before we begin.</p>	<ul style="list-style-type: none"> • Pass out the recipe and read through it.
<p>Before we peel the turnips, what do we need to do? (Answer: Wash them.)</p> <p>Remember that turnips are a root vegetable, so they need to be scrubbed well and rinsed with lots of cool running water. We can use a vegetable brush to clean the turnips.</p>	<ul style="list-style-type: none"> • Review Washing Fruits and Vegetables skill sheet. • Show a vegetable brush and demonstrate how to use it.
<p>The turnips will be diced or slice into 1/2 inch pieces.</p> <p>We will be using a knife and cutting board to do this.</p> <p>What are some things we need to know about the knives and cutting boards?</p>	<ul style="list-style-type: none"> • Show a ruler to note how big 1/2 inch is. • Review Knife Safety and Cutting Boards skill sheet.
<p>How do we measure a liquid ingredient such as the water in this recipe? (Answer: Use a liquid measuring cup and measure at eye level.)</p>	<ul style="list-style-type: none"> • Review Measuring Liquid and Dry Ingredients skill sheet.
<p>The water, honey and oil will go into the saucepan and heated to a boil. What does the cooking term "boil" mean? (Answer: To heat a liquid until bubbles break continually on the surface.)</p>	<ul style="list-style-type: none"> • Call on someone who would like to answer.
<p>After the turnips are added to the pan and the liquid returns to a boil, the heat will be turned down so that it simmers. What does the cooking term "simmer" mean? (Answer: To cook slowly in liquid over low heat. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.)</p>	<ul style="list-style-type: none"> • Call on someone and let them describe what simmer means.

Visuals



Turnip



Turnip with greens



Turnip growing in the ground



Rutabaga

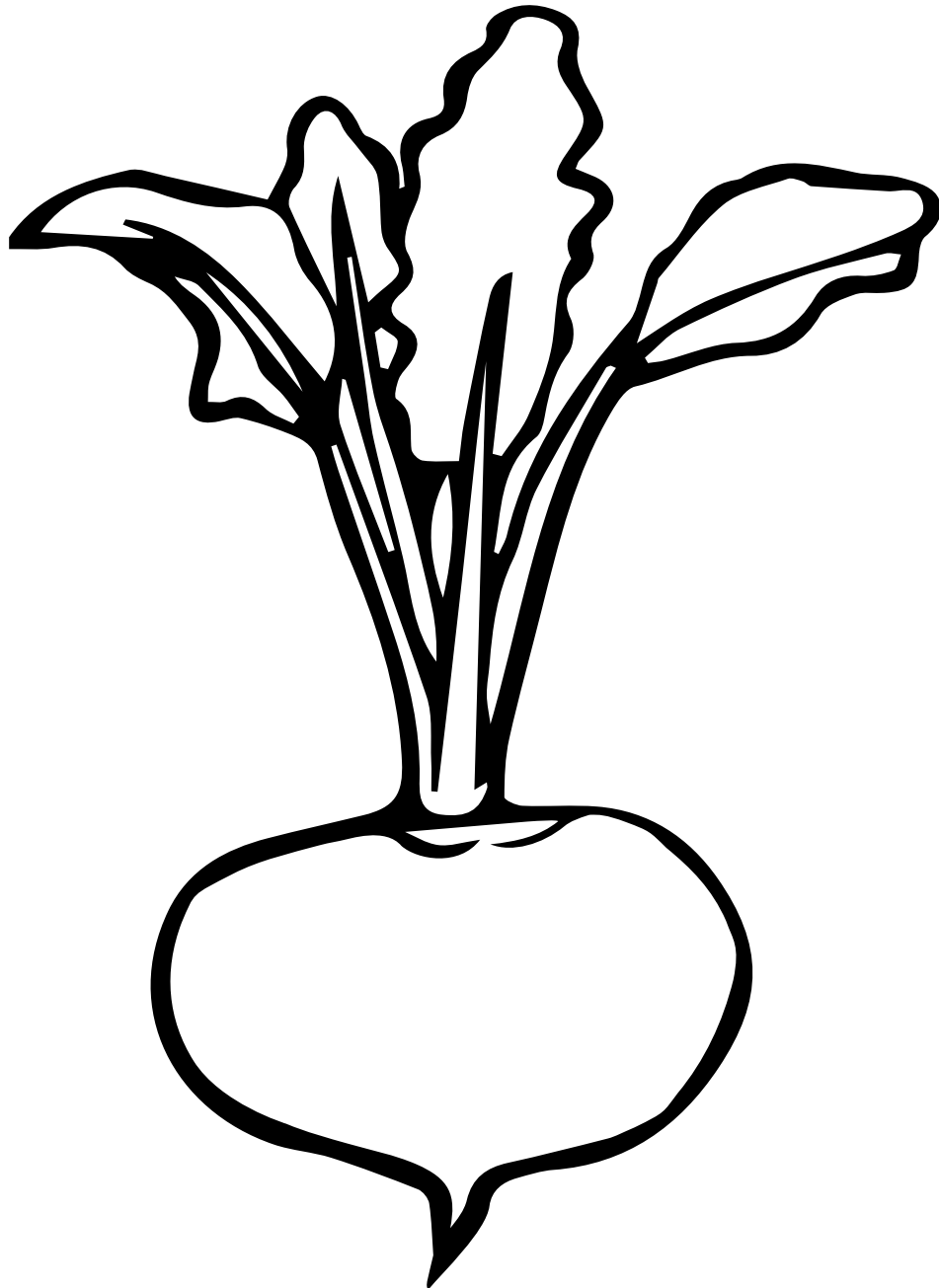
Turnip/Rutabaga Nutrition Information

Type	Serving Size/Weight in grams	Calories	Fiber (g)	Vitamin A (% Daily Value)	Vitamin C (mg)	Potassium (mg)	Folate (mcg)
Turnip, cooked	1 cup, 163 g.	57	5	0%	30	352	54
Rutabaga, cooked	1 cup, 156 g.	51	3	0%	32	367	25
Daily Recommendations RDA=Recommended daily allowance AI=Adequate intake	1-4 cup servings of vegetables per day depending on age	Varies according to age and activity level	AI (depending on age) ranges from 14-33.6 g	Daily Value based on a 2,000 calorie per day diet	RDA (depending on age) ranges from 25-90 mg	AI (depending on age) ranges from 3,000-4,700 mg)	RDA (depending on age) ranges from 150-400 mcg)



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TURNIP



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Turnip/Rutabaga Sources

Recipe

- myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-glazed-turnips

Information

- snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide/turnips
- canr.msu.edu/uploads/files/HNI46.pdf
- nutrition.msuextension.org/
- fruitsandveggies.org/
- nesfp.org/world-peas-food-hub/world-peas-csa/produce-recipes/rutabaga
- canr.msu.edu/resources/michigan_fresh_rutabagas

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Pick it!

Heavy for their size, no soft spots or cracks.

Small and medium-sized turnips are sweeter.

Refrigerate for up to 3 weeks in a plastic bag.

Before using, peel the waxy outer covering from the sliced rutabaga with a paring knife.



Try it!

Turnip greens can be removed and used like kale or mustard greens.

Cut roots into wedges and peel.

Boil, steam, sauté or roast; pre-cook before adding to soups and stews to avoid overpowering the dish.

Can also be cooked and mashed with butter and a bit of honey or brown sugar.



Turnip and Rutabaga Differences

Turnip: White and purple skin with a white flesh; baby turnips can be harvested early and eaten raw.

Rutabaga: Yellow to brown skin with creamy orange flesh; larger, denser and sweeter than turnips.



Did you know...

Vitamin C is an antioxidant that protects against cell damage, forms collagen and boost the immune system. Most fruits and vegetables are good sources of vitamin C.

Like it!

Roasted Root Vegetables

Ingredients

- 4 medium root vegetables (use a variety of potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 carrots; chopped
- 1 onion; chopped
- 3 Tablespoons olive oil
- 3 Tablespoons Parmesan cheese

Directions

1. Preheat oven to 350 degrees F.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Yields 4 servings

Nutrition Facts per Serving:
Calories 240; Fat 12g; Cholesterol 5mg; Sodium 200mg;
Carbohydrate 30g; Fiber 9g; Sugars 19g; Protein 5g

Honey Glazed Turnips

Ingredients

- 3 medium turnips, about 1 ½ pounds; peeled, and sliced or diced
- 2 Tablespoons honey
- 2 Tablespoons canola oil
- ¼ cup water
- Salt (¼ teaspoon, to taste)
- Pepper (¼ teaspoon, to taste)

Directions

1. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
2. Add turnips, salt and pepper, cover and bring to a boil.
3. Reduce to simmer and cook for about 10 minutes.
4. Uncover and continue to cook until turnips are golden and glazed, about 10 more minutes.

Yields 4 servings

Nutrition Facts per Serving:
Calories 118; Fat 7g; Cholesterol 0mg; Sodium 62mg;
Carbohydrate 15g; Fiber 2g; Sugars 12g; Protein 1g

Dakota Perspective (Wild Prairie Turnips)

Dakota: ti-psin-na

Dakota Name: ti-psin-na, they were collected from the earth when the cottonwood tree lets go of her seeds. When dried correctly these will last hundreds of years. When collected, always put plant back into the earth, it will stay alive until the seeds are ready to drop ensuring next year's harvest.

Translation and information provided by a member of Hunkpati Dakota. Lakota word translated by Jeshua Estes.

**Find more recipes
and videos at
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